

Wellbeing in Transition Thriving on the Settlement Journey

Eligible participants: PR Card Holders, Convention Refugees and Protected Persons

Join our informative sessions to learn simple strategies to:

- **Cope with change**
- **Build connections**
- **Boost your well-being**
- **Navigate your new life with confidence**

**Weekly Sessions
Online via Zoom**

**From September 1st, 2026
till September 29th, 2026**

**Every Tuesday
at 4:30 PM**

Zoom Link will be shared
via email

Register via QR Code
or email:

nafroz@hmcconnections.com

www.hmcconnections.com



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Navigating Ontario Healthcare System

Eligible participants: PR Card Holders, Convention Refugees and Protected Persons

New to Canada?

Join our sessions to learn
How to Navigate Ontario's

- **Healthcare System**
- **Dental Care Plans**
- **Mental Health Resources**

**Weekly Sessions
Online via Zoom**

**From September 3rd, 2026
till September 24th, 2026**

**Every Thursday
at 11:30 am**

Zoom Link will be
shared via email

Register via QR Code
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